



**healthy  
families  
indiana®**



# Fact Sheet

## What is Healthy Families?

**H**ealthy Families Indiana is a voluntary home visitation program designed to promote healthy families and healthy children through a variety of services including child development, access to health care and parent education. Administered by the Department of Child Services, Healthy Families Indiana is designed to strengthen families and promote healthy childhood growth and development. It is hoped that these efforts will help reduce child abuse and neglect, childhood health problems and juvenile delinquency.

By working closely with hospital maternity wards, prenatal clinics, and other local agencies, Healthy Families systematically identifies families that could benefit from these education and support services either before or immediately after birth.

### Beliefs:

- Parents are the best authority on determining their family's needs.
- All families have strengths which need to be recognized.
- Every child should reach his or her potential.
- Parents are responsible for their children.
- Available services should begin early to support the needs of the family.

### What we do:

- Initiate services prenatally or postnatally continuing up to the age of five.
- Partner with families to support, enhance, and strengthen their well being.
- Help all families reach their highest potential.
- Provide services tailored to individual needs and goals.
- Offer trained family support worker in the home weekly, or as appropriate, to model, educate, and provide proven research-driven parenting information.
- Connect families to appropriate community resources and service organizations based on their expressed needs and concerns.
- Assist families to access appropriate health care.

### Partnerships

Indiana has multiple partnerships in place to support and help improve efficiency among agencies and programs with similar interests. These partnerships are the essence of collaboration leading to successful initiatives in communities across the state.

## What Are Characteristics of Indiana Sites?

- 56 sites serve families in all 92 Indiana counties.
- 17,106 assessments were done during the 2007 fiscal year.
- 49% of assessments are done prenatally.
- 16,716 families received home visiting services.
- Referrals are made by hospitals, WIC, other health/social service providers.

### *Of those enrolled:*

- 19% of parents were under age 20.
- 90% of children received age appropriate immunizations in 2007.
- 90% received well child visits.
- 70% of families had at least one employed parent.
- 36% of families had at least one parent enrolled in school or training.

### *Current partnerships include:*

- Indiana Department of Child Services
- First Steps Early Intervention Program
- Women, Infants and Children (WIC) MOU
- Early Head Start
- Head Start Memorandum of Understanding
- Maternal and Children's Special Health Care Services
- Division of Mental Health
- Juvenile Justice Institute
- Hospitals

## Healthy Families Indiana Reaccreditation

On April 14, 2008, Healthy Families Indiana will celebrate the renewal of their national accreditation status with a recognition ceremony at the Indianapolis Marriott Hotel.

Prevent Child Abuse America/ Healthy Families America will present Governor Mitch Daniels an award honoring his commitment to families and children.

Governor Daniels will recognize 56 Healthy Families Indiana sites, the Indiana Department of Child Services, and Healthy Families Indiana Advisory Committees. At this time Indiana is the only state in the nation to be awarded a third multi-site accreditation.

The four year accreditation is effective through July 31, 2011. The rigorous accreditation process ensures that sites maintain an excellent standard of service delivery to new parents consistent with the home visiting model developed by Healthy Families America.

Visit HFI on the web at:

[www.IN.gov/dcs](http://www.IN.gov/dcs)

## How Does Healthy Families Compare?

The growth of the Healthy Families Program throughout Indiana has been unprecedented. Currently, 56 Healthy Families Indiana sites are providing services to families and children in all 92 counties. Because of this extensive service, Indiana is widely recognized as a national model for the Healthy Families America initiative. Multi-level leadership from the public/private sector is critical to maintain support to the program. The Healthy Families Indiana Think Tank fills that role.

### Think Tank Advisory Committee

The purpose of the Healthy Families Indiana Think Tank is to continue the tradition of broad-based consensus building to enhance and refine Healthy Families services to Indiana children and families and the processes that support this valuable program. A strong public, private and community partnership is vital to Healthy Families Indiana's continued growth and success.

### Training and Technical Assistance

Indiana is also nationally recognized for developing and implementing a high quality system for statewide training and technical assistance under a contract with the Indiana University School of Nursing (IUSON), Indiana Training and Technical Assistance Project (HFI T & TAP). IUSON's HFI T & TAP Training Tracking System monitors training received by individual HFI workers throughout the state. IUSON provides initial training to newly hired HFI staff prior to first contact with families and role-specific and ongoing training thereafter. In FY 2007, HFI T & TAP provided initial training for 324 newly hired HFI staff and intermediate training on-site or regionally to 407 staff. In addition, in 2007 IUSON completed the development of 12 CD's and distributed them to all HFI sites. Through this electronic learning system, 572 tests were passed.

### The Institute for Strengthening Families

Ongoing advanced training is provided through the Institute for Strengthening Families held at the Indiana Government Center in Indianapolis. The three day semi-annual "Institute" offers multiple concurrent seminars ranging from three hours to three day sessions at a minimal cost. Sessions are taught by experts in the social services and health care fields and participants are able to earn educational credits. Over 900 participants were trained at the two "Institutes" held in FY 2007.

## The Home Front

### How do we know HFI is effective?

HFI utilizes a systematic approach to program evaluation that encompasses both process and outcome evaluation. Goals are measured and reviewed as appropriate through quarterly reports and others as needed for longitudinal studies. The 2007-2008 evaluation plan will examine the following seven goals regarding family progress:

- Prevention of negative outcomes
- Increase in parenting skills/behaviors
- Increase in healthy pregnancy practices
- Increase in ongoing health care practices
- Increase in mental health indicators
- Increase in social support systems
- Improvement of family functioning